



For more information, visit us at
www.healthylivingforlife.org
 or call Nori Grossmann at
 510-595-6441



Ready to Eat Healthy?

Free cooking demos & grocery store tours!

Tips to buy healthy foods on a budget

Healthy Living
...for life!

Nutrition Services • Alameda County Public Health Department



Alameda County Nutrition Services retail team is now partnering with grocery stores to make easy environmental changes that promote health.

Our team of nutrition educators will be at grocery stores every month preparing seasonal recipes and offering food tastings with easy cooking tips and food facts!

We're also providing private grocery store tours

Read inside for more details...

ABOUT US

Nutrition Services is a program of the Alameda County Public Health Department

OUR VISION

All people live in safe, connected neighborhoods that offer fresh, affordable foods, are choosing active healthy lifestyles and are engaged in their communities

OUR MISSION

Promote and support healthy eating and physical activity through committed partnership with communities to reduce chronic disease and improve long-term health

This material was produced by the California Department of Public Health's *Nutrition Education and Obesity Prevention Branch* with funding from USDA SNAP-Ed, known in California as Cal Fresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.

February 2015



Free Grocery Store Tours

Schedule a tour for your group

A registered dietitian will guide you through the store (produce, dairy, meat, bread, and cereal sections) and answer your nutrition questions.

You will learn...

- Label reading
- Why fruits & vegetables are so important
- Nutrition/Health information
- Budgeting strategies

All shoppers welcome



Have a Group? Make a Date!

Call Nori Grossmann at
510-595-6441 to schedule a
private tour



Free Cooking Demonstrations

Learn a new recipe made with seasonal vegetables.

Each food presentation includes:

- *Free Taste test*
- *Free Recipe*
- *Nutrition information*
- *Cooking tips*

Store Locations

Food demonstrations run
11:30am-1:30pm on dates below

Gazzalis

7000 Bancroft Ave Oakland, CA 94605

2nd Monday of the month*
4th Thursday of the month*

Rancho Market and Produce

1950 Fruitvale Ave. Oakland, CA 94601

3rd Monday of the month*
4th Friday of the month*

Lucky

247 E. 18th St Oakland CA 94606

1st Thursday of the month*
3rd Friday of the month*

Super Mercado Mi Tierra #7

14340 E. 14th St. San Leandro, CA 94578

2nd Friday of the month*

*Excluding holidays. On holidays, an alternate day will be posted at stores the week prior.